



'The House In The Hub'

WINTER PROGRAM 2021

ALL ENROLMENTS AND BOOKINGS COMMENCE MONDAY 5TH JULY

COMMUNITY

Soup Café

We are so very pleased to once again be sharing the Soup Café with you all. From May through to September, on the 2nd Tuesday of each month, our cafes will be hosted by individual volunteer community groups. Come along and fill your bellies with a bowl of heart warming, healthy soup, have a chat with someone new and embrace the opportunity to be out and about together.

All Welcome - just turn up on the day

Dates	Tuesday July 13th Tuesday August 10th Tuesday September 14th
Time	12.00pm - 1.30pm
Cost	Pay what you feel the meal is worth
Venue	Inverloch Community Hub Hall



Volunteers Wanted

We are seeking an individual who has a background in grant writing, enjoys creative thinking and has had experience in community development practices. If you can spare a couple of hours a week then drop into the House and have a chat to Lisa or phone 5674 2444

Activities marked with an * asterisk are on a room hire basis and not an activity of the Inverloch Community House Inc.

COMMUNITY

Welcome to Inverloch Morning Tea

Inverloch CWA will be hosting a morning tea for any newcomers to Inverloch. Come along and meet other newbie's and learn all about what's on offer in Inverloch over a cuppa and some delicious CWA treats.

Date	Wednesday 18th August TBC
Time	10:30am—11:30am
Cost	FREE
Booking	Call the House 5674 2444

SAFETY

Safe Seats Safe Kids with Kids Safe Victoria

Lets make sure our children are travelling safely. In partnership with Kids Safe Victoria & Inverloch Childcare, we are offering FREE child car restraint fittings and safety checks for parents and carers (including grandparents) of Inverloch. 70% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, book into a one on one session with a professional fitter who will check your restraints and put your mind at ease.

Dates	Monday 19th July Monday 16th August
Time	10:00am—2:00pm
Cost	FREE
Venue	Inverloch Childcare

**I'm back by
POPULAR
DEMAND**

ONLINE BOOKINGS ESSENTIAL

<https://safeseatssafekids.com.au/events/inverloch-19-july-2021/>

For more information contact the House on 5674 2444 (August booking coming soon)

HEALTH & WELLBEING

Inverloch Walkie Talkies

If you love to walk and would like some company, meet up with our fun loving group each Monday morning. Wear comfortable clothing and appropriate footwear. This group is for everyone.

Date	Mondays - ongoing
Time	9:00am
Cost	\$2.00
Venue	Meet outside the Hub, on the lawn
Info	Contact Sue Ph 0411 053 306



*Seated Yoga with Maree

Chair yoga is suitable for all abilities and postures can be varied for individuals.

Yoga connects the body and mind with the breath and strengthens the relaxation response of the nervous system.

Yoga can improve your flexibility, concentration and strength, while boosting your mood and reducing stress and joint strain.

This form of yoga can be done seated and also standing using a chair for support.

Chair yoga is a great introduction if you are new to yoga or if you have a long term health condition or are returning to yoga after having a break.

CLASSES Run for one hour with a mix of relaxation, breath techniques and physical postures.

COME AND TRY DAY

Date	Wednesday 7th July
Time	12:00pm—1:00pm
Cost	FREE
Bookings	5674 2444

ONGOING TERM CLASSES

Date	Weekly from Wednesday 14th July
Time	12:00pm—1:00pm
Cost	\$10.00(M) \$12.00 (NM) per session
Bookings	5674 2444

DANCE

Circle Dancing

Dancing in a circle is an ancient tradition common to many cultures. Modern circle dancing draws on the rich and diverse traditional dances of many countries and includes a growing repertoire of new dances to classical music and contemporary songs.

The dances range from very simple to the more intricate. Some are energetic and lively while others feel reflective and flow like a moving meditation bringing a sense of peace, togetherness and relaxation.

No need to book, just turn up!

Date	Weekly from Tuesday 13th July
Time	1:30pm—3:00pm
Cost	\$3.00 (M) \$5.00 (NM)

Line Dancing with Bev

Have you ever wanted to try Line Dancing classes? Then come along and learn the basic steps and some dances. Wear comfortable clothing and footwear and have fun.

No need to book, just turn up!

Date	Weekly from Thursday 15th July
Times	12:00pm-1:00pm Easy to Intermediate 1:00pm-2:00pm Upper Beginners 2:00pm-3:00pm Beginners
Cost	\$4.00 (M) \$6.00 (NM) 1hr \$5.00 (M) \$7.00 (NM) 2hrs \$6.00 (M) \$8.00 (NM) 3hrs
Venue	Inverloch Community Hub Hall

HEALTH & WELLBEING

*Pilates with Leah

Course suitable for able bodied persons of any age, working towards a stronger core, better posture and more flexible muscles and increased energy.

A pre-exercise questionnaire is required to be submitted prior to commencing the class.

Date	Weekly from Tuesday 13th July
Times	9:00am—10:00am 10:10am—11:10am 11:20am—12:20pm
Cost	\$130.00 (10 sessions)
Booking	Call Leah 0458 642 373

LANGUAGE

*French for Beginners-Unit 2 with Bernadette

(Native Speaker Teacher)

This class is a continuation of Term 2 Beginners. For new students, contact the House for more information prior to booking.

Date	Weekly from Thursday 15th July
Time	9:30am—10:30am
Cost	\$140.00 (M) \$150.00 (NM) Full Term (10 weeks)
Bookings	5674 2444—Course requires a minimum of 5 people to commence

*French for Intermediate with Bernadette

(Native Speaker Teacher)

For students with a good basic knowledge of French grammar.

In this class the focus is on vocabulary and role play (eg: booking a train/plane ticket/a hotel room, at the restaurant/café, asking for directions etc to prepare you for your next trip to France.

Date	Weekly from Thursday 15th July
Time	10:30am—11:30am
Cost	\$140.00 (M) \$150.00(NM) Full Term (10 weeks)
Bookings	5674 2444—Course requires a minimum of 5 people to commence

*Italian for Beginners with Lucia

(Native Speaker Teacher)

Learn Italian from an Italian! Lucia, our tutor, is a native speaker. This class is for adult beginners who want to understand basic Italian.

We will go through very common situations and a bit of grammar. You will learn to ask for information, to talk about yourself, to talk to your Italian relatives and friends. You will also learn something about Italian traditions, food, historical sites, local habits.

All you need to bring with you is an exercise book.

Date	Weekly from Monday 12th July
Time	10:00am—11.00pm
Cost	\$140.00 (M) \$150.00 (NM) Full Term (10 weeks)
Bookings	5674 2444—Course requires a minimum of 5 people to commence

Inverloch Community House Room Hire

For Room Hire and availability, contact the coordinator on 5674 2444

Please note our rooms are not suitable for large social gatherings and adhere to COVID 19 capacity requirements



JOB SEEKER SKILLS

Resume Writing

with Pat

Needing help with Resume writing and job applications?

Pat will assist you in compiling a Resume tailored to the job or type of work you're interested in. You will need to bring your Resume to the appointment if you have one or alternatively, details of education, qualifications, experience, job history with dates as well as information relating to the job or potential employer details if you have them.

Date	Every Wednesday from the 14th July
Time	10:00am—12:00pm
Cost	FREE
Bookings	5674 2444

NDIS Support

For assistance and information relating to NDIS contact your Local Area Coordinator from Latrobe Community Health Service 1800 242 696

LITERATURE

* Bass Coast Writers

Do you like to write? We are people of all ages with different writing ability who support each other. We enter competitions and publish a book once a year. Come along to the House on a Thursday afternoon to be part of something very special. All welcome!

Date	Thursdays— ongoing
Time	1:00pm—3:00pm
Cost	\$5.00
Booking	5674 2444

Book Club

If you love to read and discuss books with others then come along to our Book Club. Keep an eye on our Facebook page and website for details of the monthly book and the venue for the meeting. Book of the month can be an ebook or a 'Book in a Box' through Inverloch Library, our book club partner.

Date	2nd Wednesday of the Month
Time	5:15pm—6:00pm (approximately)
Cost	FREE
Venue	Various; check with the House for details
Booking	5674 2444
Details	www.inverlochcommunityhouse.org.au

COOKING

* French Desserts with Bernadette

Learn how to make traditional mini French Desserts that can be prepared in advance; giving you more time to enjoy the company of family and friends at your next soiree.

Date	Saturday 28th August
Time	10.00am—12.00pm
Cost	\$50.00
Venue	Hub Kitchen
Booking	5674 2444 This class requires a minimum of 5 participants to commence with a maximum of 8.

I'm back by
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DEMAND**

ARTS AND CRAFTS

Chatty Crafters

A friendly group who share thoughts and ideas whilst enjoying crafts, sewing, knitting, embroidery or whatever takes your fancy. No experience necessary.

All welcome -no bookings required

Date	Tuesdays—ongoing
Time	1:00pm—3:00pm
Cost	\$4.00 (M) \$6.00(NM)



SnapFish Photo Book School Holiday Activity

Together, learn how to create a SnapFish topic of choice photo book. You might choose to create a book about a holiday, your grandchild's favourite game, family history or a special event. An activity especially for grandchildren and grandparents. Parents and children also welcome.

Bring along your creative ideas and enjoy the shared experience.

BYO photos, laptop or tablet. Required—email address. Suitable for all school age children and every age adult.

Date	Wednesday 7th July
Time	10:00am—12:00pm
Cost	FREE (SnapFish costs are extra)
Booking	5674 2444

Flower Arrangements with Jill

Did you know a university study found that the link between flowers and your satisfaction with life is far more important than previously thought? Having flowers in your home increases happiness, reduces depression and anxiety and actually can increase emotional contact with friends. Join us and learn how to make the best of the flowers in your life. You will love what you get to take home!

Date	Wednesday 15th September
Time	1:30pm—3:00pm
Cost	\$13.00 (M) \$15.00 (NM)
Booking	5674 2444 This class requires a minimum of 5 participants to commence with a maximum of 8.

ARTS AND CRAFTS



SnapFish Photo Book Workshop

A two session workshop. Want to organise your photos? A Snapfish photo book is a great way to creatively showcase memorable moments in life. Special birthdays, yearly reflections, your garden, achievements, building renovations, promote your club or celebrate milestones or personal stories or poems. The possibilities are endless.

SESSION 1

- Set up Snapfish account
- View examples of books
- Create a mock book

SESSION 2

- Bring your own photos, drawings stories etc.
- Create a book uploading to SnapFish using embellishments, text etc.

BYO email address, photos preferably on laptop or tablet or memory stick

Date	Session One: Monday 12th July Session Two: Wednesday 14th July
Time	2:00pm—4:00pm
Cost	\$3.00 (M) \$5.00 (NM) per session (SnapFish costs are extra)
Booking	Maximum of 6 participants 5674 2444

In House Painters

Bring your own materials/projects and have some fun in a mutually supportive environment. Our annual exhibition will be held in October this year.

Date	Fridays—ongoing
Time	10:00am—3:00pm
Cost	\$6.00 (M) \$8.00 (NM)
Booking	5674 2444

Inverloch Men's Shed

The Shed is open to the public
Mondays & Wednesdays 10.00am - 3.00pm
It is located on the cnr of Bolding Place and Sandy Mount Ave
For more information phone
Frank Deane 0490 032 054
Or go to www.inverlochmensshed.com.au

ARTS AND CRAFTS



The Doing Family Community Painting Workshop

Are you supporting a family member or a friend through family separation and would like to know what local resources are available?

In collaboration with local service providers, we are offering a FREE Painting Workshop and luncheon where you will have access to local Family Resources while learning new skills in watercolour painting. The workshop is a fun way to connect with other community members through the enjoyment of the arts. The workshops includes a pack of materials, guided tuition, and a luncheon, as well as refreshments to break up the day. **No prior experience in painting necessary.**

Workshop provider PollyannaR will bring all the necessary materials and guide you through the watercolour products, demonstrating how to use them, as well as sharing a few tricks to create some terrific images, including how to paint a galaxy, how to create a silhouette portrait and how to make figures using blends of colours.

Date	Monday 19th July
Time	11:00am—3:30pm
Cost	FREE
Booking	Maximum of 6 participants 5674 2444

SUSTAINABLE LIVING



Garment Repair Café

Do you have any clothes or other textile items that you would like to have repaired? Perhaps you have an old coat you don't want to throw away or a pair of trousers that fit so comfortably. Our repairers will do their utmost to let you enjoy your belongings again.

- Garments, buttons, hems and simple bedding (pillow cases) simple repairs
- Renew garments, freshen your wardrobe.
- Team of repairers ready to assist
- No need to book. Let the team do their magic

Dates	Saturday 28th August & Saturday 25th September
Time	10.00am – 12:30pm
Cost	Gold coin donation

TECHNOLOGY

Android Phone, Tablet, Computer Training and MyGov with Geoff

Just purchased a Samsung Galaxy, HTC, Sony, Google Nexus or Motorola phone or tablet or a Windows Laptop? Geoff will show you the basics to get you up and running. If you would like to know about a specific application, Geoff will try to accommodate you with your query. He is also offering to help you learn your way around MyGov. These individual sessions are one on one and run on a Monday or Tuesday.

Date	Weekly from Monday 12th July & Tuesday 13th July
Time	1:00pm—3:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Booking	5674 2444

Apple, iPhone, iPad and Mac Tips and Tech for Beginners with Clare & Daniel

Are you unsure where to begin, a first time user or just want to get more out of your device?

In one-on-one sessions, **Clare & Daniel** are available to assist you to become more comfortable with your device and navigating its capabilities.

Learn how to set up your contact list, make phone calls, send emails, take photos, surf the web, use apps and much more.

Clare is available for individual sessions on Thursday mornings throughout the term and Daniel is available on Wednesdays.

CLARE

Date	Weekly from Thursday 15th July
Time	10:00am—12:00 noon
Cost	\$8.00 (M) \$10.00 (NM)
Booking	5674 2444

DANIEL

Date	Weekly from Wednesday 14th July
Time	12:00pm - 2:00pm
Cost	\$8.00 (M) \$10.00 (NM)
Booking	5674 2444

COMMUNITY



Current Affairs with Peter

Join Peter in good-natured and respectful conversations delving into a range of local to international topics. An opportunity to express and exchange views, ideas, and frustrations. Sessions to be initially scheduled as 60-90 minutes. Currently proposed as monthly, but may be scheduled more frequently depending on the level of interest.

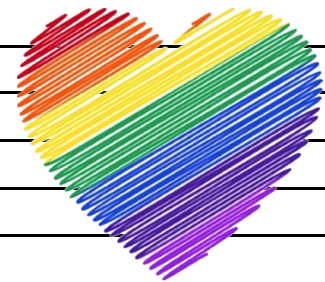
Date	Monthly from Monday 2nd August
Time	1:00pm—3:00pm
Cost	Gold Coin Donation
Booking	5674 2444 This group requires a minimum of 6 participants to commence.



LGBTIQ+ Awareness training with Linda

LGBTIQA+ Awareness training is a three-hour workshop which offers an open, respectful forum where participants can strengthen their understanding and awareness of the Rainbow community. The training provides clarity on the LGBTIQA+ acronym and discusses the issues and challenges faced within the community. Participants are encouraged to actively contribute and ask questions during the training.

Date	TBA
Time	
Cost	
Venue	



Did you know that we offer a range of Admin Services such as Photocopying, Printing Laminating and much more...
FREE fast WiFi Internet access

PHOTOCOPYING

Black & White Printing	25c per page
Colour Printing	40c per page
Photocopying	20c per page
Laminating	\$2 per page

In partnership with the Hub we are a registered drop off organisation for Share The Dignity sanitary donations.

August is Dignity Drive month.

Help support those doing it tough by donating period products through the August Dignity Drive

We accept period products including pads, maternity pads, incontinence pads, new reusable pads, tampons, period-proof underwear and menstrual cups.

We collect this variety of period products so everyone receives their preferred item and can be empowered to take control of her period their way.

All donations must be brand new, sealed, in the original packaging, and must comply with Australian quality standards.

Items can be dropped off in the Collection Box located in the Hub, Reilly St Entrance or the House.

SHARE THE *Dignity*

INVERLOCH COMMUNITY HOUSE INC

ABN 65 010 813 131

A0030114D

Address: Inverloch Hub, 16 A'Beckett Street, Inverloch

Postal Address: PO Box 368 INVERLOCH 3996

Email: office-ichi@dcsi.net.au

Website: www.inverlochcommunityhouse.org.au

ICHI is joining the Power Saving Bonus Outreach Program! What does this mean for you? We will be able to help you access the \$250.00 Power Saving Bonus from the State Government. To be eligible you must be receiving payments under one of the following concession programs

- Centrelink Pensioner Concession
- JobSeeker, Youth Allowance, Austudy or Abstudy
- Department of Veterans Affairs Pensioner Concession or Gold Card

Watch out for notification on Social media and our website—we will let you know when we are authorised to provide help!

Knit one Give one

Inverloch Community House is a drop off point for **KoGo (Knit One Give One)**. KoGo is a not-for-profit organisation that asks volunteers to donate time and wool to knit warm winter woollies and cuddly knitted toys. KoGo then distributes the items to people in need through over 250 community groups.

The Chatty Crafters are supporters of KoGo. They meet Tuesday afternoons at the House.

Inverloch CWA

The Inverloch Branch of CWA meets every 2nd Tuesday of the month at Inverloch Men's Shed. Start at 10am with craft then a meeting at 1pm. New members most welcome.

For more information contact -

Joyce Ingle, Secretary. 5674 2947

Lesley Beakley, President 0416 225 052

Membership Fee

\$11 per financial year. Members enjoy discounts on many classes and activities. To join or renew drop into the House or phone 5674 2444.

(M) Members (NM) Non Members

Our VISION: The House in The Hub Connecting our Community

Our PURPOSE: Fostering community connections by providing a environment to learn, share ideas, skills & information.



WINTER TERM AT A GLANCE

MONDAY

9.00am	Walkie Talkies	Ongoing
10.00am –11.00pm	Italian for Beginners	10 weeks from July 12th
2.00pm—4.00pm	SnapFish Photo book workshop	Session One: Monday 12th July
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from Monday 12th July
10.00am –2.00pm	Safe Seats Safe Kids	Monday 19th July , Monday 16th August
11.00am—3.30pm	Doing Family Painting workshop	Monday 19th July
1:00pm—3:00pm	Current Affairs	Monthly from Monday 2nd August

TUESDAY

1:00pm—3:00pm	Chatty Crafters	Ongoing
9:00am—10:00am 10:10am—11:10am 11:20am—12:20pm	Pilates	10 weeks from Tuesday 13th July
12.00pm - 1.30pm	Soup Café	Tuesday July 13th, August 10th & September 14th
1:00pm—3:00pm	Android Phone, Tablet, Computer, MyGov	Weekly from Tuesday 13th July
1:30pm—3:00pm	Circle Dancing	Weekly from Tuesday 13th July

WEDNESDAY

10:00am—12:00pm	School Holiday SnapFish Book workshop	Wednesday 7th July
12:00pm—1:00pm	Come and try Seated Yoga	Wednesday 7th July
10:00am—12:00pm	Resume Writing	Every Wednesday from the 14th July
5:15pm—6:00pm	Book Club	2nd Wednesday of the Month
2.00pm—4.00pm	SnapFish Photo book workshop	Session Two: Wednesday 14th July
12:00pm - 2:00pm	Apple, iPhone, iPad & Mac Tips—Daniel	Weekly from Wednesday 14th July
12:00pm—1:00pm	Seated Yoga	Weekly from Wednesday 14th July
1:30pm—3:00pm	Flower Arranging	Wednesday 15th September

THURSDAY

1:00pm—3:00pm	Bass Coast Writers	Ongoing
10:00am—12:00pm	Apple, iPhone, iPad & Mac Tips— Clare	Weekly from Thursday 15th July
9:30am—10:30am	Beginners French	10 weeks from Thursday 15th July
10:30am—11:30am	Intermediate French	10 weeks from Thursday 15th July
12:00pm-1:00pm 1:00pm-2:00pm 2:00pm-3:00pm	Line Dancing	Weekly from Thursday 15th July

FRIDAY

10:00am—3:00pm	In-House Painters	Fridays—ongoing
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SATURDAY

10.00am—12.00pm	French Desserts	Saturday 28th August
10.00am – 12:30pm	Garment Repair Café	Saturday 28th August & 25th September